

Physical Education Key Skills

Year 5

Competitive sports	Physical skills	Dance
Outdoor adventurous activities	Activities to develop flexibility, strength, control and balance	

Physical skills include: running, jumping, throwing, catching (separately or in context)

<i>Supporting health and fitness</i>	<i>To recognise the parts of the body that will need to be warmed up before a particular activity</i>
	<i>To recognise the different ways a physical activity might benefit me</i>
	<i>To evaluate an activity in terms of its physical benefits</i>
<i>Physical competence</i>	<i>To choose appropriate tactics to cause problems for the opposition</i>
	<i>To adapt my performance in light of what is going on around me</i>
	<i>To perform in a skilled and controlled way across familiar activities</i>
	<i>To show resilience when acquiring new skills</i>
	<i>To give others constructive feedback explaining how it will improve their performance</i>
	<i>To compare different performances saying why they are successful and how they can be improved</i>
	<i>To use models and advice from different sources to improve my performance</i>
<i>Personal skills</i>	<i>To show good attitude and sportsmanship</i>
	<i>To show an ability to both lead and form part of a team</i>